

ing sound, and at intervals we could hear the water rushing underneath. Ascending still higher, the grade became steep, and the fog closed round us quickly, joining with the twilight to make a peculiar obscurity which gave things a weird, ghostly appearance. As we topped up the steep incline of hardened snow, those ahead of us looked like huge giants; while those on whom we looked down were ugly, sprawling dwarfs, tottering up the mountain side like Hendrik Hudson's sailor who luckless Rip Van Winkle met. As we drew near to one another our faces seemed a pale blue color, though very clearly seen; and we left bright blue footprints on the pale snow.

AT A HIGH ALTITUDE.

At the very summit of this pass we were 14,000 feet above the sea level and the thermometer registered at nightfall five degrees Fahrenheit. A level gully extended ahead for nearly a quarter of a mile, and as it well showed us the way, we descended for the night. Mounting a little summit to the right of our camp I was surprised to discover a small encampment of "black tents" at the farther end of the gully, and on reaching the spot found that it consisted of six evil looking Tanguts with their wives and children, who on our approach deserted their habitations and fled to some distance, doubling the fear of us. We were a band of marauding Mongols. Only two human beings remained in the camp, a deaf and dumb old man and his wife, who were drying their shoes before a fire made out of a few stunted bushes. They were evidently frightened out of their wits notwithstanding the friendly tones in which we addressed them. Eventually discovering that they were not eaten and devoured by the evil spirits, as they had been sufficiently to cause her to convey the peacefulness of our intentions to the fugitives and induce them to return.

Of all the natives of the Koko-Nor these were the most abominably ugly and filthy that I had ever seen. Even the nomads to the south of Charing-Nor were ideals of beauty and cleanliness in comparison. Not alone their small stature and dwarfed appearance impressed us unfavorably, but their faces were brutish and malevolent, and with scarcely a ray of intelligence. In fact, I could not help thinking that even the very dogs of the encampment were on an infinitely higher plane of civilization than their masters and that a change in the order of their station would have been a thing eminently desirable. In response to all our questions they maintained a blank indifference, either unwilling or unwilling to understand us, our most earnest linguistic efforts securing no more desirable results than vague and unmeaning grunts and growls and surly stares like a herd of savage beasts. We had further proof of their evil quality late in the evening, for in the uncertain gloom one of the Kiangs perceived a youth leading one of our yaks away from its pasture. On striving to take the animal from him, the latter drew a knife and leaped at the Kiangs with the fury of a young tiger, his cries soon bringing his companions on the scene, but surmising how matters stood they were inclined to deem discretion the better part of valor; and seeing no deterring glances from our direction the Kiangs proceeded to give his assailant a most vigorous thrashing, and when we were all the more surprised when the Tangut rose to his feet and advanced toward his companions to see them leap upon him in a body and administer a beating, beside which the efforts of our own man were child's play. Although doubtless in the eyes of his fellows he would have been performing an act highly meritorious had he been able to do the yak, the fact that he had not succeeded induced them to give muscular proof of the truth that the lot of a "fortunate big thief" is infinitely preferable to that of an unsuccessful small one.

On the following morning when we resumed our journey our way lay past their encampment, admitting of another rencontre, showing that in opinion of them entered the night before had in no wise been exaggerated; in fact, night had been charitable in covering their deficiencies. In some respects they resembled the Mongols of the plain, having the same coarse features and slanting eyes, but either from the effects of successive coatings of grease and soot or naturally they were much darker in color, two of the older men particularly, and some of the women having skins almost as black as a negro. None of them were tattooed, but nearly all had cicatrices of curious design on the face and arms, and the deaf and dumb man in addition had two large iron rings fastened through the loose flesh of the upper arm.

DIFFICULT TRAVELING.

The day's marching on the 20th was terribly severe. Although we had become accustomed to traveling in high altitudes, the strong wind, accompanied by the blinding ice and snow squalls, penetrated our lungs, and nearly all suffered with throat troubles, headaches and vertigo. It is almost impossible for one who has not undergone the experience to imagine the unceasing hardships of journeying through these bleak altitudes. The storms and icy winds might easily be put up with, only that the rapid disintegration of rock by moisture and frost produces clouds of granite ice dust, which no covering to the face can entirely keep out, and which, being hard and insoluble, penetrates the lungs until at each breath one experiences the sensation of a sharp knife being passed quickly through the chest.

The descent on the easier side of the pass was at a sharper angle than the ascent, the cliffs on either side drawing together and looming up gigantic and ghostly, with a clear space hardly forty feet in width between them. The loose snow had blown off the surface, leaving a sharp incline of smooth ice, over which the yaks scrambled and slipped without being able to gain an efficient foothold, occasionally falling down and rolling for some distance before we could catch up with them, remove their loads and get them on their feet again. We were obliged to pick footholds for every step, each moment unnerved by the reflection that the bare, jagged rocks, rising on either side like innumerable ghostlike forms in the shapeless, fathomless, edifying fog, might become dislodged and bury us beneath a sudden avalanche.

Coming to this tedious work we were still well into the afternoon that we had reached the level plain on the other side; in seven hours we had been able to cover only four miles. We had now time to take an account of our injuries, three of the Kiangs having bruised and torn themselves shockingly by falling over sharp boulders, while one of the yaks had broken its foreleg and we were obliged to shoot it. In spite of these mishaps we could not but congratulate ourselves that we had made the difficult passage at a minimum cost of strength and energy. That the Kiangs had borne up so bravely occasioned us no little surprise, for it had been found necessary to lighten the loads of the yaks, so that each man had been obliged to carry an extra burden of nearly a hundred pounds each, yet they did not show signs of greater fatigue than our own men, and we carried little or nothing.

Beyond the eastern base of this small range a long and narrow valley extends for a distance of ten miles to the next elevation, filled with a network of small streams and lake-like expanses, which from their continuity formed a splendid artificial road. Sometimes we walked over the stream on

an archway of snow and ice, and again trod cautiously along its banks, while the river, broken loose from its covering, ran turbulently between its icy banks. The lakes were frozen to such a depth that an army might have marched over them in safety, but where the current of the streams was swift we had to wade knee-deep in slush for miles, putting a foot occasionally through the rotten ice beneath. During all this day it rained and snowed alternately, and when we halted at nightfall and encamped, after having searched in vain for traces of human habitations, an indescribably gloomy and miserable band we were.

On the morning of the 21st we staggered out into the path again, feeling very stiff and tired. We had traveled about half an hour when we came upon two small native caravans, pushing toward the eastward with salt. The headman stated that they had been halting over two days owing to the danger from several bands of brigandage made up of the Chinese, who for a year exceedingly active, and who but a few weeks before had plundered several parties in the immediate vicinity. His force amounted to twenty-five men, armed with matchlocks and lances, and while we had no doubt of our ability to beat off any marauding band, however numerous, with a knowledge of the character of the natives of this region we were not sorry to receive this addition to our forces.

IN A REGION OF BRIGANDS.

After crossing another range of mountains of low elevation the country ahead resolved itself into a long sloping plain, with an appreciable descent toward the south-east, near the banks of the Koulou-Gol. The evidences of human habitation now became more numerous; although there were no settled villages, we often came upon small encampments of "black tents," and small bands of horsemen, armed to the teeth, who gathered at a distance with menacing shouts, and who would doubtless have had few scruples in attacking us had there seemed any possible chance of success. The presence of these brigandish Gokols tribes is the most serious menace to travel in this region near the headwaters of the Hoang-Ho. Like renegades of all nations, they hold aloof from all peaceful intercourse with their neighbors, and when the opportunity presents itself plunder them indiscriminately. They acknowledge no allegiance toward any government that will interfere with their freest liberty, and in the comparative isolation of their wild domains are able to frustrate all attempts made to bring them into a state of subjection.

One who has never met a Mongol brigand on his native heath can have no conception of his terrible appearance. The worst of the Italian bandits or Greek mountaineer robbers are tame in comparison. I have seen the celebrated Garseni, who at one time kept in terror the whole country from Rome to Naples, "the most villainous looking man in all Europe," and who was so strong as to make and conclude a treaty with the authorities. I saw him surrounded by nearly twenty of his comrades, and when he told me that he could not remember how many murders he had committed, he looked like a doctor of divinity, civil and harmless, compared with the Mongol of the Hoang-Ho plain. The swarthy complexion of the latter, his long hair, his piercing coal-black eyes, half-naked figure, an enormous spear slung on his back, and a rusty matchlock in his hand, makes the best figure for a painter I ever saw; but, happily, he is not so bad as he looks to be, his fierce and uncouth exterior covering a most docile and timid spirit. When opportunity presents itself to attack and plunder a small trading caravan without chance of resistance he is a perfect embodiment of the most valorous bravery, but at the first show of aggression, or even the feeblest of real dangers, he is the veriest coward and poltroon. Yet such is the terror inspired by his ferocious appearance that he holds almost unlimited authority over the peaceful villagers and nomads, without a least competition demanding tribute to insure immunity from his forays, and plundering on every possible occasion.

It was, doubtless, large bands of this nature that caused Prejevalsky constant annoyance in his explorations to the westward around the Oring-Nor, and which, on more than one occasion, attacked his party with such fanatical fury. The only deduction that can be drawn from this information is that a distance of less than a hundred miles works innumerable wonders, for, although on numberless occasions, while passing through this region, we came upon bands of these savage-looking murderers, far from showing signs of bravery or "fanatical fury," they seemed possessed of a common purpose to maintain the safety of their precious skins by cheating a discreet distance. Rockhill, while passing through almost the same country as Prejevalsky, likewise failed to notice any of these brave traits, upon which the latter dilates at such length, although his party, being a small one, it would seem that he was more liable to such attacks than the large and well-equipped forces of the Russian officer.

A RUSSIAN SAW THEM.

A letter, in a letter to the Gazette, in 1884, gives a thrilling account of this fierce rencontre in the following words: "They rushed to the attack with yells. The hoofs of their horses sounded hollow on the damp soil, their long spears bristled and glistened, their long cloth robes and black, floating locks streamed behind them in the wind. Like a cloud, this savage bloodthirsty horde descended upon us," etc. As Rockhill very aptly observes, "this is certainly a most graphic description and near enough to the truth," for, without a knowledge of their real character, the sight of such outwardly ferocious assailants is sufficient to cause the bravest heart to quail, but later: The first volley did not stop the enemy; they continued their attack toward us, their commander crying "Charge! Charge! God is with us! He will help us!" One cannot blame him for his witty and trenchant remarks, inferring, in this case, at least, Prejevalsky allowed a passion for vivid word-painting to run away with his usual strict regard for stern veracity. Although fully as hardy and well-formed, and in most cases much better armed, I invariably found even the most hostile Mongol tribes infinitely inferior in bravery and warlike attainments to the tribes I had met with during the preceding year on the lower Dji Chu, along the Chinese-Tibetan frontier.

At 3 p. m. of this day we arrived at Kati, a small village lying at the top of a slight rise, the left bank of the Koulou-Gol, about a day's journey from the intersection of its current with that of the Ma-Chu (the name given by the natives of this region to the headwaters of the Hoang-Ho). As we approached across the plain, a party of twenty horsemen dashed in our direction, holding in their right hands long wooden spears, and uttering yells similar in character to those that we worked on the feelings of Prejevalsky. When within an eighth of a mile they halted and rode round in a circle, with their spears in the ground and their eyes keenly fixed on each other, going through a pantomime combat, doubtless intended for our edification. They chafed, turned and doubled, but never leaving the pivot, occasionally the spears were raised, crossed and struck together, and a murmuring ran through the crowd like the cry in the fencing scene of "Hamlet," "a hit, a fair hit," and the parties separated, or again dropped their poles in the center for an-

other round. This mimic warfare continued until we had approached to within a distance of a hundred yards, when, with a defiant shout, they circled about the plain and returned to the village. Soon the sound of horns and booming of drums reached our ears and on drawing nearer we saw that the villagers had gathered duly to honor our arrival with wild and barbaric, if not imposing strains.

Notwithstanding the severity of the weather, which affected us, even though our heavily-padded sheepskin coats, many of the natives here were in a half naked condition, a long kilt of coarse cloth hanging loosely from the shoulders to a short distance below the knees, being their only covering, leaving the breast and abdomen wholly exposed and giving just cause for wonderment as to how even the toughest cuticle, with its protecting epidermis of dirt and grease, was able to withstand this suicidal exposure with the thermometer registering near the zero mark.

QUESTIONS AND ANSWERS.

When does the paper anniversary of a wedding come?—A. D. C.
One year after marriage.

Was Liluokalani, the Queen of the Hawaiian Islands, ever married?—G. S.
She married John O. Dominis, a native of Boston. He died Aug. 26, 1891.

What process is used to make oil from lard?—Nenpo.
The lard is subjected to great pressure while cold. Often resin is added as a preservative.

In a statement of Egyptian finances I find the debt expressed in £E, not in pounds sterling; just what is meant?—Horace.
Egyptian pounds, each equal to \$1.94 of our money.

What is the exact distance of a pitcher's box from the home plate?—C. B.
Sixty and one-half feet from the corner of the home plate next the catcher's position to the nearest side of the box.

Has the revenue stamp been taken off of money orders?—M. L. T.
Such a provision was included in the act of March 2, 1891, but does not go into effect until the first of next month.

Who is the author of "Though the mills of God grind slowly, yet they grind exceeding small"?—G. J. W.
Friedrich von Logau, the quotation being from Henry W. Longfellow's translation.

What is the total value of the imports and exports for one year of the United States and of Great Britain?—L. B. S.
The United States, imports, \$49,941,184; exports, \$1,394,432,082; Great Britain, imports, \$22,635,485; exports, \$354,550,394.

Did Cleveland in his second administration give the American people a chance to buy bonds? If so, what was the minimum amount that could be purchased?—J. S. C.
Yes; \$100,000 of bonds were offered, in denominations of \$50 or multiples of that sum, this in January, 1896.

Who wrote "Earth has no spell like love to hallow turn"?—W. J. W.
In Scene 8, Act 3, of William Congreve's "The Mourning Bride," is this: "Heaven has no rage like love to hatred turned, Nor hell a fury like a woman scorned." We do not find it as you quote it.

Will you give some statistics of the Presbyterian denomination?—T. D. A.
According to the journal of the General Assembly for 1900 there are 32 Synods, 232 presbyteries, 7,750 churches, 7,467 ministers, 973 deacons, 330 licentiates, 28,666 elders, 954 deacons, 1,067,689 communicants and 1,558,651 members of its Sunday schools.

Is there any school you know of in any of our cities where one can study pharmacy from July 1st to Sept. 1 of this present year?—A. Hendon.
It is possible that the Valparaiso (Ind.) Normal School's pharmacy department may be open during the summer; also the Chicago College of Pharmacy. Address actuary of this college at 465 State street, Chicago.

Will you tell something about the novelist, Frances Maurice Egan?—K. K.
He was born at Philadelphia, May 21, 1852, graduated at La Salle College, and editor of several periodicals, became professor of English literature at the University of Notre Dame, and now is professor of English language and literature at the Catholic University, Washington, D. C. He has been a prolific writer of fiction and verse. In 1889 he married Katherine Mullen.

Are there any cuckoos in this country? If so, where are they found?—D. R. J.
There are many; the yellow-billed and black-billed are found from the Rocky mountains eastward, the first-named living, too, on the Pacific coast; then the chattering or chapparral cuckoo of southern California, and New Mexico is of the cuckoo family, and the anis of Florida and Texas are taken in, also.

Will you give me a few points on the "fall of the Bastille"?—J. H. B.
By the revolutionary year of 1789 it had become a symbol of despotism, and on July 14 it was attacked by the Paris insurgents, who killed its governor and several officers in taking it. A few prisoners were set free, and on the following day its destruction began. On the site there now is a bronze column to commemorate its destruction, and anniversary of the day of its fall are celebrated throughout France.

Will you give me the first two stanzas of Isaac Watt's hymn, entitled "Hush, my Dear, Lie Still and Slumber"?—Clark.
"Hush, dear child, lie still and slumber, Holy angels guard thy bed; Heavenly blessings waiting number Gently falling on thy head."

"Sleep, my babe, thy food and raiment, Hung and ready to be given; All without thy care and payment—All thy wants are well supplied." In many hymns the second stanza is omitted. Its title is "Lullaby."

Please tell me if black woolen underwear is injurious to the wearer. This question is more important than that would be if merchants warranted any other kind not to shrink.—Reader.
Manufacturers use such a variety of dyes that it is impossible to speak positively concerning all. It can be said, however, that while it may happen occasionally that a wearer of such garments is injuriously affected it is undoubtedly true that a large number of persons wear them without injury. Since the secret of "fast black" dyes was discovered little has been heard of any ill-effect from the coloring. Manufacturers of standing are not likely to endanger their reputation by the use of poisonous dyes.

What is the United States bureau of standards? What connection has it with the Treasury Department? What are the main duties of employees of that branch? Name several subjects of which to write a thesis or eight hundred words of interest to that department.—C. W. B.
There is no bureau so-called. Samuel W. Stratton is inspector of standards (weights and measures) in the Coast and Geodetic Survey Bureau, which is a branch of the Treasury Department. His address is Washington, D. C. His office is in the building near B street, S. E. His official title indicates the character of his work. The work should also suggest the subjects you wish, as how standards of weights and measures are determined, etc.

Who are the principal rulers of Asia? 2. What are the exports and imports of Japan?—L. M. M.
Afghanistan, Abdur Rahman Khan, Ameer; Annam, Than Thai, King; Beluch-

istan, Mir Mahmud, Khan; Bokhara, Said Abdul Akbar, Ameer; China, Kuang Hsu, Emperor (the dowager Empress really dominating); India, Edward VII, Emperor; Japan, Mutsuhito, Mikado; Khiva, Said Amomed Rahim, Khan; Korea, Li Hsi, Emperor; Nepal, Surendra Bikram Shamsheer Jang, Maharaja; Oman, Seyyid Faysal bin Sultan; Persia, Muzaffer ed Din, Shah; Russia, Nicholas II, Emperor; Sarawak, Sir Charles Johnson Brooks, Rajah; Siam, Khao-longkong, King, and Turkey, Abdul Hamid II, Sultan. 2. Exports about 100,000,000 yen; imports about 272,000,000 yen. A yen lacks but half a cent of equaling our dollar.

What is the comparative cost of aluminum and other metals in common use? 2. Has the British government investigated the quality of canned meats provided by contractors?—W. J. J.
Aluminum has become cheaper for most purposes than all the common metals except zinc, lead and iron, a factor being weight. Aluminum is about a third as heavy as the others. The cost price of the metal to-day is close to 20 cents a pound, the selling price about 30 cents. 2. Yes; the British government laboratory examined canned meats furnished by the Admiralty with a view to the detection of preservatives, and reported no other anti-septic than common salt.

Will you tell me something of the electric signal system on railroads?—J. D. S.
It's a pretty big subject to cover here, because different roads use widely different systems. Many automatic signals are worked electrically by the passing of trains and many more are used in combination with manual signals. Thus in some systems the passing train sets the signal at "stop," and this must be lowered by a signalman, but he cannot lower it until the train has passed the next signal. Between towers there is telegraphic and sometimes telephonic connection, as well, and in the lock-and-block system the apparatus of each tower is electrically connected with the other towers. By blocks are meant those divisions of the road into which a train may not go so long as another train is on it, though the "absolute" block system is maintained less commonly than is the "permissible," by which a train may enter after a specified interval and go on with extra caution. The larger and more prosperous railroads have brought signaling to a pretty accurate science, reducing much the possibilities of accident due to human fallibility. The subject is treated extensively in encyclopedias.

Will you inform me under what circumstances the "Gadsden Purchase" was made?—J. C. F.
This treaty was negotiated for us by James Gadsden, then United States Minister to Mexico, and was in settlement of a boundary dispute. By it the boundary moved southward so as to give the United States all of Arizona south of the Gila river, we paying Mexico \$10,000,000 and securing release for responsibility for outrages by United States Indians in Mexican territory. As to the preliminary negotiations and later changes of terms very little is known. The treaty was first concluded Dec. 13, 1853, was modified Dec. 30, and was finally approved by Congress March 10, 1854. It was altered—notably as to the purchase price—by our Senate, and on June 30, 1854, was published by President Pierce. President Santa Anna published it on July 20, and the sale proved so unpopular in Mexico as to lead up to his banishment as a traitor. William H. Emory and Jose Salazar Ilarregui were made commissioners to establish the boundary line and completed their work with commendable promptness. Not until 1856 did we take military possession of our new territory.

REST AND RECREATION.

What They Mean and How They Can Be Secured Most Effectively.

The average American man and woman, whatever their calling may be, prefer themselves on "feverish." Even recreation taken with bustling enthusiasm that makes it work. Part of this is due to ambition to excel, to be known and spoken of as a worker and to a fear of being thought or called an idler if a moment of rest is taken. True, excitement may be called a medicinal agent; excitement takes us away from ourselves, too often it is like the spur to a lashed horse, making us run on and on until tired nature can endure no longer, and we drop by the wayside. On the other hand, rest is a medicinal agent, but few know how to balance rest against work. If we could rest with the same intense application as we apply ourselves to work, all would be well, but many have forgotten how to rest. Most people imagine they are "taking a rest" when they sit down for a minute or two, but they have not learned the art of repose; they rock to and fro, or twiddle their fingers, or swing their feet, or talk—anything to keep the mind and body busy; or else they read, or worry—anything to do nothing. This assuredly is not rest. Rest means perfect relaxation of mind and body, quiet and composure. Rest means a shutting down of the gates that nervous force may be stored up for future use, as the miller fills the mill pond by shutting the gates of the sluiceway.

As I come from the busy office in the city, where the excitement of news-gathering keeps every man at the highest tension, and the roar and rumble of city traffic and the hum of many voices keys up the nerves to the highest pitch, I meet a young girl on the train, who, as soon as she has rushed into the car and seated herself with a book, sits down to read, and, pulling out her crochet work from her bag, proceeds to keep her mind and fingers busy lest she should waste a precious moment. But such economy of time is unwise thrift, and sooner or later that girl will be a physical and mental wreck, an old young girl, who has done her life work in half the allotted time and must spend the balance of her life in misery of mind and body. I see about me every day men who in their perpetual nervousness and hurry do not curb their ambition. They undertake the task of a giant with the strength of only a pigmy to perform it. Their minds are not held in the leash of the will, and their power of resistance has become so slight that they are forever at the mercy of circumstances. They cannot foresee the indigestion, with all its attendant ills, the insomnia, the failure of the nervous power, that is often solely due to indolence, and reckoning waste of nervous force. Having unwisely expended their vitality, such men soon go into nervous bankruptcy and bodily failure. They can no longer do anything well for want of reserve power, which means self-control and latent strength.

Vacation that comes but once a year to the business or working man comes too often for the amateur who takes his vacation because it is the fashion, not because he wants to. The vacation (I have coined this word to fit the occasion) as a rule is not one who rests, as he should, but one who works hard at play. True, he may make a change in his work, and routine is a great wear out of nerves; change a doublet for a tunic, even if it is work, but it is not a vacation. Rush and routine are two R's that begin rack and ruin. Relaxation and repose are two R's that begin recovery and recreation.

From the laborious way in which many people, young and old, set about taking a

vacation, one might think that but few knew what vacation means. It is derived from the Latin vacatio, a being free from duty, a state of idleness, freedom—the word vacuum coming from the same root, meaning a state of emptiness. The Romans used a word relaxatio, which needs but the N to make our English word relaxation, a state of being free from bonds and also a state of cheerfulness such as a prisoner would feel who had been released.

The Romans certainly had many holidays and days of rejoicing, but even there were some men so ambitious that they never took a holiday, so that the Romans had an apt phrase for the ever-busy man in the words sine ulla feriis—without any holidays. Phaedrus's warning, "Cito rumpe arum, semper si tonans laboribus" (You will soon break the bow, if you keep it ever bent), is often quoted, but seldom minded, while Horace says "neque semper arcum tendit Apollo," an intimation that even the gods with their supernatural strength sometimes relaxed their arduous duties and sought repose and pleasure.

The Greek word for vacation was ekecheira, literally a holding of hands, or a restriction or truce, a folding of hands, as it were, a cessation of labor. Thus, even the Romans and Greeks realized the necessity of ceasing for a season from the strenuous exertions of life and seeking innocuous desuetude in some secluded spot far from the madding crowd.

Going to the country, to the seashore, or to the mountains, are all synonymous with vacation, as it is generally spoken of, but the conditions prevailing are vastly different. At the fashionable summer or winter resort there is no vacation in the true sense of leisure or freedom from care; it is one mad and merry whirl of excitement in a different environment; the physical and mental benefit is worse than none. There is no great excitement in the country, but for that very reason it is the best place of relaxation. There the vacation quaffs the best of tonics from untainted springs and breathes new life in the pure air of the forests. There he gains health both of body and mind, unbought and unsought.

The ideal vacation is one spent in camping out. But camping out with all the comforts of home is not invigorating or even interesting; it is simply changing the locality of worry, for the man who takes business and social duties along with him might as well stay at home with them. Horace in his day wrote of "post equitem sedet atra cura," poetically translated, "And when he mounts the flying steed, sits gloomy care behind." Yet in our day care follows the man on the steam cars, the steamboat, or trolley cars, by telephone or telegraph. The only way to cut loose from caring care is to camp down forty miles from a railroad or telegraph office or even a postage stamp. Virgil expressed what is now realized, "ne placidum membris dat cura quietem," (care allows no repose to limbs wearied with toil). It is not sufficient to cease from active business or work, but one must get far away from it and into a different environment where there will be nothing to remind one of business or work. As far as possible vacation should mean absolute idleness, but should worry some people so greatly that some occupation is necessary. In the woods fishing and gunning supply this need; on the farm there is haying and such like helping around to distract the mind from itself.

In any kind of a vacation remember that it is not work but worry that kills, and the pace that kills is hurry. Worry and hurry, therefore, are not good companions on a vacation. But rest and change are not a pleasure, and must be taken with due care and consideration. I knew of a business man who spends a month every winter in a logging camp and hews wood as diligently as any logger in the camp, and it is good for him; he gets change, but no rest, absolutely speaking, although he changes his activity from mental to manual work. Another man might find his ideal vacation in his own home, sleeping and dreaming away his spare time; he would get rest but no change.

The city folk are not the only ones, however, who need a vacation. Too little excitement is just as bad as too much excitement, and each may cause nervous exhaustion and collapse. The country cousin needs a vacation, and he naturally seeks the city, where there is excitement, so it is quite in keeping that, with the law of compensation, the city cousin should visit his country cousins in the summer and that the country cousins should return the visit in the winter.

It would be difficult indeed to find any person who would not acknowledge the benefits of a vacation, but as for themselves they say they can't afford the time nor money for even a day off. But which is better, to deliberately ruin brief vacation, or if it is nothing more than half a day, to do it in some respects that is the best kind of a vacation, or to run the human machine at high pressure until it gives out completely and enforced idleness is necessary, together with a large bill for repairs by the doctor and druggist and perhaps permanent disability. Time may be money, but these old-fashioned maxims have done more harm than many cases. The vacation must be interpreted with moderation and applied with discretion. The gospel of work so earnestly promulgated by our worthy ancestors must give way to the gospel of rest, or, rather, there should be a combined gospel of work and rest. The summer vacation need not be expensive, but it should be thorough. Better still, it should be supplemented by a brief vacation now and then a few hours at least during which business is laid aside absolutely.

In choosing a place to spend a vacation, follow your own desires, for without contentment there will be no rest; but other things being equal there is no place like the country with only the lullaby of nature to lull one to sleep. In the city the clang and bustle, night and day, have an extreme exciting effect upon the nervous system, which we do not notice because we are habituated to it; we become accustomed to this din and sleep in spite of it, but that sleep is not so restful as the sweet slumber in the hills and dales of the country, where naught is heard but the whispering voices of the night, the droning of drowsy insects, the sighing of the winds through the forest, and the tinkling splash of some murmuring waterfall.

L. N. M. D.

Rialto Gossip.

Detroit Journal.

First Actor—What's the latest?
Second Actor—I'm told they're going to dramatize the books of that bank cashier who lately defaulted for a million.

A Ballad of Past Meridian.

Last night returning from my twilight walk I met the gray mist, Death, whose eyelids were wet on me, and from his hand I took a flower. He reached me flowers as from a withered O death, what bitter nosegays givest thou!

Death said, I gather, and pursued his way. Another stood by me, a shape in stone. Sword-hacked and iron-stained, with breasts of steel, and metal veins that sometimes ferey shone: O life, how naked and how hard when known! Life said, as thou hast carried me, such am I, O conqueror, like the soldier, the soldier, and the soldier, a wordmark in night sky. Just now of Death, and of his hand, I'll tell thee—O death, of life, those inwound notes are mine.

—George Meredith.

Matchless Piano Values!

Day by day our leadership in the piano business becomes more apparent. The reason for it is that discriminating buyers see at a glance the advantage of our system of doing business, one important item being that the price of every piano is marked in plain figures; another item being the pronounced superiority of the pianos we offer; for instance, the STARR, which is sharing the honors with the Steinway and Knabe in the hands of the New York State Music Teachers' Association. Our removal sale makes it possible to buy a strictly reliable high-grade piano away below the regular selling price as evidenced by the following values:

\$275 Richmond Upright, used . . .	\$185
\$250 Lyon & Healy Upright . . .	\$90
\$400 Steck Square . . .	\$75
\$350 New England Upright . . .	\$115
\$325 Jesse French Upright . . .	\$225
\$400 Bradbury Square . . .	\$100
\$300 Roberts & Alison Upright . . .	\$125
\$275 Richmond Upright, like new . . .	\$210
\$350 Vose & Sons Upright . . .	\$275
\$200 Remington Upright, used . . .	\$160
\$300 Kimball Upright . . .	\$200
\$300 Becht Square . . .	\$55
\$350 Starr Upright, used . . .	\$275
\$400 Kranich & Bach Upright . . .	\$225
\$500 Knabe Upright, shopworn . . .	\$425
\$400 Chickering Square . . .	\$125

Every one of the above guaranteed to be as represented. Used or second-hand pianos purchased during this sale may be exchanged at full price on a new Knabe or Starr Piano within one year.

New Upright or Grand Pianos rented by the day, week or month; liberal portion of the rent applied if purchased.

Pianos tuned and repaired at lowest possible prices consistent with first-class workmanship.

SEND FOR PRINTED LIST OF PIANOS AT REMOVAL SALE PRICES.

The Starr Piano Co.

MANUFACTURERS. 13 West Washington St.
Indiana's Representative Piano House. After August 1, 138-140 North Pennsylvania St.

IN THE GOSSIP CORNER.

Seamen manning yachts which race for the America's cup are or should be—and are supposed to be—the ne plus ultra of their class, picked men of the profession; and yet a photograph of the Constitution which came recently into my hands betrays a blunder in sail setting which violates the first rule taught to a topsail, viz: "Fast the tack to leeward of the halliards and to windward of the gaff." To the landlubbers I'll explain that the "tack" of a topsail is its lower point, to which is attached a line bearing the same name. After the topsail is hoisted to the block and sheeted out this line should be passed on the side of the halliards or hoisting gear of the lower sail—away from the wind, and to the opposite or windward side of the gaff—or upper spar of the lower sail—then dropped to the deck, hauled down and made fast. The sail is thus made tight or "flat," and is ready for anything that may be required of it. This particular photograph shows that the port tack had been set when the boat was on the port tack and the topsail tack had been passed to leeward of both halliards and gaff. Constitution then stayed and filled, going close hauled on the starboard tack, where the photographer caught her, and the picture shows the topsail jammed hard and fast against the halliards and the head of the mainsail, a very nasty place for it to be if a sudden squall should necessitate quick work to clew and furl it.

A similar picture of Independence, the Lawson boat, does not show any blunder of seamanship, but it does show a badly setting mainsail and gaff topsail. The low-leech of a mainsail is almost certain to show some wrinkles, but that of Independence is badly drawn nearly half way to the gaff and fully a third of the length of the boom. The topsail, which shows very small and probably is only for cruising purposes, has the same defect at the sheet and bellies untidy in the luff. The other sails, however, set well and look very flat, which gives her a good show close-hauled, and from all accounts windward work is the best sailing point of the Boston boat.

Mr. Emmerich, in his little speech at the M. T. H. S. commencement the other night, said the diplomas the students received represented the work in thirty-one studies, had a year each, "five more than are required in any other high school in this State—or elsewhere, so far as I know," and referred to the fact as an evidence of the high scholastic standard demanded by the institution of which he is the capable head. This is an average of eight studies—hard studies, most of them—in the scholastic year